

Full Report (All Nutrients) 35055, Seal, bearded (Oogruk), meat, dried (Alaska Native)

Report Date: July 16, 2017 05:44 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Common Name: Oogruk

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	11.60	1	--
Energy	kcal	351	--	--
Energy	kJ	1469	--	--
Protein 1	g	82.60	1	--
Total lipid (fat) 1	g	2.30	1	--
Ash 1	g	3.50	--	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Iron, Fe 1	mg	49.60	1	--
Phosphorus, P 1	mg	784	1	--
Vitamins				
Thiamin 1	mg	0.130	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Riboflavin 1	mg	0.630	1	--
Vitamin A, RAE	µg	393	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU 1	IU	1310	1	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Lipids				
Fatty acids, total saturated	g	0.600	1	--
Fatty acids, total monounsaturated	g	1.330	1	--
Fatty acids, total polyunsaturated	g	0.370	1	--
18:2 undifferentiated 1	g	0.030	--	--
18:3 undifferentiated 1	g	0.020	--	--
Amino Acids				
Tryptophan 2	g	0.795	--	--
Threonine 2	g	3.228	--	--
Isoleucine 2	g	3.134	--	--
Leucine 2	g	6.386	--	--
Lysine 2	g	6.690	--	--
Methionine 2	g	1.684	--	--
Cystine 2	g	0.444	--	--
Phenylalanine 2	g	3.275	--	--
Tyrosine 2	g	2.152	--	--
Valine 2	g	3.228	--	--
Arginine 2	g	4.655	--	--
Histidine 2	g	2.947	--	--
Alanine 2	g	4.725	--	--
Aspartic acid 2	g	6.877	--	--
Glutamic acid 2	g	11.041	--	--
Glycine 2	g	4.351	--	--
Proline 2	g	3.789	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Serine ²	g	2.994	--	--

Other

Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD